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Calming an Upset Stomach Naturally, Home Remedies Such as Tea and Toast May Offer Help

Upset Stomach Problems Can Be First Signs of Underlying Medical Conditions



[Kimberly Cummings](#) Yahoo! Contributor Network

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Nobody wants to have an upset stomach, however stomach upset is most commonly associated with something previously eaten. However upset stomach problems can also have other sources such as



stress, ulcers or an overload of stomach acids.

I have been in the medical field for several years and although some remedies may make an upset stomach subside if you continue to have an upset stomach you should be properly diagnosed and evaluated to make sure there isn't some other reason for the stomach upset other than those spicy meals you've been having.

Some home remedies for upset stomach are:

1. Drink a clear soda such as Sprite or 7 Up to try and calm your stomach.
2. Eat toast or saltine crackers.
3. Lay down, sometimes just relaxing can relieve the problem if you just allow the stomach to process the foods and acid naturally.
4. Chamomile or Peppermint tea
5. Regular black tea, I will usually simply fix me a glass of regular iced tea and relax, thereby allowing my stomach upset to clear.
6. OTC antacids also work, because the neutralize the stomach acid.
7. Avoiding any products or foods that can irritate the problem can also help. Try to avoid eating anything until the stomach upset subsides unless it is a saltine cracker, salted pretzels or toast. Avoiding anything spicy or sweet can help tremendously when trying to settle a stomach. Avoiding cigarettes, aspirin or ibuprofen can also help not to irritate the problem.
8. Mix up about a 1/2 tsp of baking soda in a glass of water may also help. The only thing is this kind of home remedy is not advisable on a long term basis. There are many chronic medical problems that could be causing your upset stomach and masking the upset stomach with antacids or the use of



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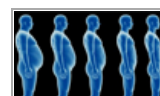
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baking soda for chronic conditions is definitely not medically advised. If you use the baking soda remedy only occasionally it may be fine however you should always discuss any upset stomach problem with your physician especially if it becomes a chronic problem.

9. Ginger as in a Ginger Ale may also help with stomach upset. Candied ginger may also help if eaten.

10. Taking a warm bath followed by relaxing can also help relieve stomach discomfort.

The most important thing to remember is not all stomach upset is harmless and stomach upset can be one of the first signs of a heart attack. While most people consider heart attacks to have many other symptoms, I've heard it all being a nurse and heart attacks in women usually present with much milder signs at first such as stomach upset and sweating. While a person's stomach upset could be minor you should always watch for other signs that something more may be happening.

Stomach upset can also be a warning sign of stomach bleeding and this is why stomach upset that doesn't go away should always be reported to your physician as soon as possible. Chronic stomach upset is not normal and maybe the first signs of a underlying medical condition or disease. Please talk to your doctor if you have more than an occasional upset stomach.

References for this article include: my.clevelandclinic.org/heart/disorders/cad/mi_symptoms.aspx
www.bodyofwealth.com/entry/tips-to-calm-upset-stomach/
www.nauseahelp.com

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I've been a nurse for over 28 years and have worked in almost every department. I'm a non-fiction writer and I have worked in business for well over 15 years, along with having been in the military. My most... [View profile](#)

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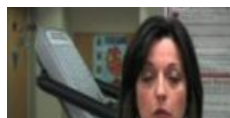


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